

7 weeks to 50 pullups

7 Weeks to 50 Pullups: A Practical Guide to Mastering Your Pullup Goals

7 weeks to 50 pullups might sound like a lofty goal, especially if you're currently struggling to do even a handful. But with the right approach, consistency, and a smart training plan, it's absolutely achievable. Whether you're aiming to boost your upper body strength, improve your fitness level, or simply challenge yourself with an impressive milestone, this guide will walk you through the process of transforming your pullup numbers in just under two months.

Pullups are one of the best indicators of functional upper body strength. They engage multiple muscle groups, including your lats, biceps, shoulders, and core, making them a powerhouse exercise. However, many people find pullups intimidating because they require a good amount of strength and technique. The good news? You don't have to be a fitness guru to make serious progress. With targeted training, proper recovery, and a progressive mindset, you can reach 50 pullups in seven weeks.

Understanding the Challenge: Why 50 Pullups in 7 Weeks?

Before diving into the workout plan, it's important to understand what makes pullups challenging and why setting a goal like 50 pullups is significant. Most beginners can barely do one or two pullups because the exercise demands both strength and endurance in your back, arms, and grip. Achieving 50 pullups showcases not only raw strength but also muscular endurance and mental grit.

Setting a timeline of seven weeks adds an element of urgency and structure. It requires a well-thought-out strategy that gradually increases volume and intensity without risking injury or burnout. A plan like this focuses on progressive overload—gradually increasing the reps and sets you do over time—and incorporates recovery to allow your muscles to grow stronger.

Building the Foundation: Key Components of Your Pullup Training

1. Assess Your Starting Point

Before you jump into training, test how many pullups you can do with proper

form. This baseline helps tailor your workouts and track progress. If you can't do a single pullup yet, no worries. Assisted pullups or negatives (slowly lowering yourself from the top position) are excellent starting points.

2. Prioritize Technique Over Quantity

Proper pullup form is crucial. Engage your shoulder blades, avoid swinging, and pull yourself up until your chin clears the bar. Good technique prevents injury and ensures you're working the right muscles effectively.

3. Incorporate Assistance and Variations

Using resistance bands, assisted pullup machines, or performing eccentric pullups can help build strength. Variations like chin-ups (palms facing you) also target similar muscles and can be easier for beginners.

4. Train Consistently but Allow Recovery

Muscle growth happens during rest, not just training. A balanced schedule with rest days and active recovery prevents overtraining and keeps you progressing steadily.

Sample 7 Weeks to 50 Pullups Program

Here's a week-by-week breakdown that incorporates strength building, endurance, and recovery principles. This program assumes you can do at least one pullup. If not, start with assisted pullups or negatives for the first week.

Week 1: Establish Your Baseline and Build Volume

- Day 1: 5 sets of max reps with rest between sets
- Day 2: Assisted pullups or negatives, 4 sets of 8 reps
- Day 3: Rest or light cardio
- Day 4: 4 sets of 3-5 pullups focusing on strict form
- Day 5: Core and grip strengthening exercises
- Day 6: Rest
- Day 7: Repeat Day 1

Week 2-3: Increase Volume and Introduce Negatives

- Gradually increase reps in each set by 1 or 2
- Add eccentric pullups (lowering slowly for 5 seconds) to build strength
- Continue grip and core work to support pullup muscles
- Maintain rest days to allow recovery

Week 4-5: Focus on Endurance and Volume

- Perform pyramid sets (e.g., 1-2-3-4-3-2-1 reps) to challenge endurance
- Incorporate supersets with push exercises to balance muscle groups
- Start reducing rest time between sets to build stamina
- Add weighted pullups if you feel ready for more resistance

Week 6: Peak Volume and Intensity

- Aim for multiple sets totaling 40-45 pullups per workout
- Mix regular pullups with chin-ups and wide-grip variations
- Include explosive pullups or kipping pullups for power development
- Prioritize nutrition and hydration to support recovery

Week 7: Taper and Test

- Reduce volume slightly to avoid fatigue
- Focus on quality reps, maintaining perfect form
- On the final day, attempt your max reps aiming for 50 pullups
- Celebrate your progress regardless of outcome!

Supporting Tips to Maximize Your Pullup Gains

Improve Your Grip Strength

A strong grip is essential for pullups. Try exercises like farmer's carries, dead hangs, and wrist curls to enhance your grip endurance. Dead hangs, in particular, can help stretch and strengthen your shoulders and fingers.

Don't Neglect Your Core

Pullups engage your core heavily to stabilize your body. Planks, leg raises,

and hollow body holds are effective workouts that support better pullup form and control.

Nutrition Matters

Fuel your body with protein-rich foods to aid muscle repair and growth. Hydrate well and maintain balanced meals to keep energy levels high throughout your training.

Listen to Your Body

Avoid pushing through pain. If you experience joint discomfort, especially in shoulders or elbows, reduce intensity or take an extra rest day. Mobility exercises and stretching can alleviate stiffness and prevent injury.

Common Mistakes to Avoid on Your Pullup Journey

- ****Skipping Warm-ups:**** Always warm up your shoulders, arms, and back before attempting pullups. Dynamic stretches and light cardio prepare your muscles and reduce injury risk.
- ****Using Momentum:**** Swinging your body or kicking your legs to get over the bar reduces effectiveness and increases injury risk. Focus on controlled, strict form.
- ****Neglecting Other Muscle Groups:**** Balanced training with push exercises (like push-ups or dips) prevents muscle imbalances and supports overall upper body strength.
- ****Ignoring Rest:**** Overtraining leads to fatigue and plateaus. Prioritize rest days and quality sleep.

Working toward 50 pullups in 7 weeks is a challenging yet rewarding goal. By combining smart programming, consistent effort, and attention to recovery, you'll not only increase your pullup count but also build a stronger, more resilient upper body. Remember, progress might be uneven—some days will feel easier than others—and that's perfectly normal. Celebrate each improvement, no matter how small, and keep pushing toward your goal. The journey is just as valuable as the destination.

Frequently Asked Questions

What is the '7 weeks to 50 pullups' program?

The '7 weeks to 50 pullups' program is a structured workout plan designed to help individuals increase their pullup count to 50 within seven weeks through

progressive training and proper recovery.

Is it possible to achieve 50 pullups in just 7 weeks?

Achieving 50 pullups in 7 weeks is challenging and depends on your starting fitness level, consistency, and training intensity. Beginners may need more time, while intermediate athletes might reach the goal with dedication.

What are the key components of the 7-week pullup training plan?

Key components include progressive overload, varied grip positions, rest days for recovery, proper nutrition, and supplementary exercises to strengthen supporting muscles.

How often should I train pullups during the 7-week program?

Most programs recommend training pullups 3 to 4 times per week, allowing rest days in between to promote muscle recovery and growth.

What exercises can complement pullup training in this program?

Complementary exercises include lat pulldowns, negative pullups, bicep curls, core strengthening exercises, and scapular pullups to improve overall upper body strength.

How can I prevent injury while following the 7 weeks to 50 pullups plan?

To prevent injury, ensure proper warm-up, use correct pullup form, avoid overtraining, listen to your body, and incorporate stretching and mobility work.

Can beginners with no pullup experience follow this 7-week program?

Beginners can attempt the program but may need to start with assisted pullups or negatives and gradually build strength before progressing to unassisted pullups.

Additional Resources

7 Weeks to 50 Pullups: A Deep Dive into Achieving Upper Body Mastery

7 weeks to 50 pullups is an ambitious fitness goal that sparks curiosity and determination in enthusiasts aiming to significantly boost their upper body strength and endurance. While pullups are a classic measure of physical fitness, reaching 50 consecutive reps in just seven weeks requires a strategic approach, consistency, and an understanding of the biomechanics and training principles involved. This article explores the feasibility of this target, the methodologies that can be employed, and the nuanced considerations behind such a fast-paced pullup progression.

Understanding the Challenge: 50 Pullups in 7 Weeks

Achieving 50 pullups consecutively is no small feat. For most individuals, even a handful of pullups can be challenging without dedicated training. Setting a timeline of 7 weeks to 50 pullups introduces both a rigorous timeframe and an intense training demand. This goal pushes the boundaries of typical strength and endurance development, requiring not only muscular adaptation but also neurological improvements in muscle coordination.

From a physiological perspective, pullups primarily engage the latissimus dorsi, biceps brachii, rhomboids, and core stabilizers. To progress rapidly, training must enhance both muscular hypertrophy and neuromuscular efficiency. However, the starting fitness level is a critical factor. Beginners will face a steeper learning curve than intermediate or advanced trainees, who may already possess the foundational strength for higher repetitions.

Baseline Assessment and Its Importance

Before embarking on a 7 weeks to 50 pullups regimen, it is essential to evaluate current pullup capacity. This baseline assessment informs the training intensity, volume, and progression rates. For example, an individual starting with 5 pullups will require a different approach than someone capable of 20 reps.

Baseline testing typically involves recording the maximum number of consecutive pullups performed with proper form. This helps prevent overtraining and injury by tailoring workload appropriately. Moreover, tracking incremental improvements throughout the weeks provides motivation and measurable progress.

Training Methodologies for Rapid Pullup Gains

Various training protocols can be adapted to accelerate pullup performance. The key lies in balancing volume, intensity, recovery, and technique refinement. Below are some widely recognized strategies relevant to the 7 weeks to 50 pullups goal.

Grease the Groove (GTG)

Popularized by strength coach Pavel Tsatsouline, the GTG method involves performing multiple submaximal sets of pullups throughout the day. Instead of training to failure, the athlete performs sets at around 40-60% of their maximum reps, spread over several sessions. This approach enhances neuromuscular efficiency and builds strength without excessive fatigue.

For example, if the max pullups are 10, doing sets of 4-6 reps multiple times daily can lead to significant gains. Over 7 weeks, GTG can help bridge the gap toward higher rep counts by ingraining the movement pattern and improving muscular endurance.

Progressive Overload and Volume Training

Traditional resistance training principles apply to pullups as well. Progressive overload involves gradually increasing the number of reps or sets, or adding weight via a weighted vest or belt. Volume training focuses on accumulating high total reps during a session.

An example weekly progression might be:

1. Week 1-2: 5 sets of 6 reps
2. Week 3-4: 5 sets of 8 reps
3. Week 5-6: 6 sets of 10 reps
4. Week 7: Attempt max reps, aiming for 50 consecutively

This plan requires careful management of rest intervals and recovery to avoid overuse injuries.

Assisted Pullups and Eccentric Training

For those struggling to build initial strength, assisted pullups using resistance bands or machines can help develop the musculature needed for unassisted reps. Complementing this with eccentric (negative) pullup training—where one slowly lowers from the pullup bar after chin-over-bar position—can increase strength effectively.

Eccentric training induces greater muscle tension and microtrauma, promoting hypertrophy. Incorporating slow negatives (e.g., 3-5 seconds descent) 2-3 times per week can accelerate strength gains, especially in the initial phases of the 7-week program.

Nutrition and Recovery: The Unsung Factors

Achieving 50 pullups in 7 weeks is not solely dependent on training volume or technique. Nutrition and recovery play pivotal roles in muscle repair, energy availability, and overall performance.

Protein Intake and Muscle Repair

Adequate protein consumption supports muscle protein synthesis, critical in strength training adaptations. Recommendations generally range from 1.6 to 2.2 grams of protein per kilogram of body weight daily for athletes undergoing intensive training. Ensuring a balanced intake of carbohydrates and fats also fuels workouts and hormonal balance.

Sleep and Rest Days

Muscle growth and neuromuscular recovery occur predominantly during sleep. Consistent 7-9 hours of quality rest is advised to optimize performance improvements. Additionally, incorporating rest or active recovery days within the 7-week schedule prevents overtraining and reduces injury risk.

Realistic Expectations and Potential Limitations

While the concept of 7 weeks to 50 pullups is inspiring, it is important to consider individual variability. Genetics, prior training experience, body composition, and injury history all influence potential outcomes. For example, heavier individuals may find bodyweight exercises like pullups more

challenging compared to lighter counterparts.

Attempting rapid progression without adequate preparation may lead to tendinitis, muscle strains, or plateauing performance. Therefore, monitoring pain signals and adjusting the program accordingly is prudent.

Comparative Insights: 7 Weeks vs. Longer Training Periods

Longer timelines for pullup mastery, such as 12-16 weeks, allow for more gradual and sustainable improvements. However, the 7-week framework demands high discipline and efficient training to compress gains into a shorter window. In some cases, setting incremental goals like 20, then 35 pullups before targeting 50 can make the process less daunting.

Supplementing Pullup Training for Holistic Strength

Integrating complementary exercises enhances the muscular balance and injury resilience necessary for high-rep pullups. Such exercises include:

- Lat pulldowns for latissimus dorsi isolation
- Inverted rows to build scapular stability
- Bicep curls to strengthen arm flexors
- Core workouts like planks to stabilize the torso

Cross-training can improve overall pulling power and endurance, positively influencing pullup counts within the 7-week timeframe.

The journey toward 50 pullups in 7 weeks represents a compelling challenge blending science, discipline, and physical capability. While not universally achievable in such a short period, structured programming, consistent effort, and supportive recovery strategies can push many trainees close to this impressive milestone.

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7 weeks to 50 pullups: *7 Weeks to Getting Ripped* Brett Stewart, 2012-01-10 The third installment in the highly successful 7 Weeks franchise, this is the ultimate guide to utilizing body weight to strengthen and tone every muscle group in just a few weeks. Day-by-day plans and customizable exercises make getting in the best shape ever quickly and effectively.

7 weeks to 50 pullups: *7 Weeks to 10 Pounds of Muscle* Brett Stewart, Jason Warner, 2013-03-05 BUILD MASSIVE MUSCLES. Follow the day-by-day plan in this book and you will finally achieve the body you've always wanted. Packed with clear charts and helpful photos, this book has everything you need to bulk up: • Easy-to-follow workouts • Step-by-step lifting instructions • Meal plan for maximum muscle growth The 7 Weeks to 10 Pounds of Muscle program takes less than 2 hours per week and requires just three simple ingredients: a can-do spirit, a carefully crafted exercise routine and a solid nutritional regimen. Offering field-tested programs and delicious muscle-building recipes, *7 Weeks to 10 Pounds of Muscle* shows how quickly you can get strong and sculpted.

7 weeks to 50 pullups: *Ultimate Jump Rope Workouts* Brett Stewart, Jason Warner, 2012-07-03 HARD-CORE JUMP ROPING FOR EXTREME FITNESS You certainly jumped rope as a kid, but you probably didn't realize this fun activity is also a kickass workout for shredding all the major muscles—arms, legs, butt, abs, shoulders and chest. With this book, you turn a simple jump rope into a power tool to: • Build muscle • Boost endurance • Amplify explosive power • Improve agility • Enhance overall fitness From beginning tips on proper form and picking the right rope to advanced tricks like double unders and knee tucks, *Ultimate Jump Rope Workouts* will teach you to jump like a pro and get in the best shape of your life.

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7 weeks to 50 pullups: *7 Weeks to 300 Sit-Ups* Brett Stewart, 2012-04-03 Following the success of the first two 7 Weeks books this book takes the same proven popular approach to sit-ups. It's simple, daily schedule for 7 weeks allows readers to build the strength needed to do 200 consecutive sit-ups and build visible ab muscles and tight, impressive core strength.

7 weeks to 50 pullups: *Paleo Fitness* Brett Stewart, Darryl Edwards, Jason Warner, 2013-06-11 Provides step-by-step exercises, a two-week meal plan, and recipes for following the prehistoric peoples way of eating and exercising.

7 weeks to 50 pullups: *Weights on the BOSU® Balance Trainer* Brett Stewart, Jason Warner, 2013-07-16 TAKE YOUR WORKOUT TO THE NEXT LEVEL Pairing weights with the BOSU® Balance Trainer's unique unstable platform is the ideal way to get in shape, burn fat and develop powerful, lean muscles. The lifting builds and sculpts primary muscles, while the balancing tones secondary and supporting muscles for maximum results. This book's unique program draws on the unbeatable combination to super-charge your workout with highly effective exercises: • FLYS while lying on the dome to target your chest and shred your core • CURLS while balancing on the flat side to build biceps and tone your legs • Deep-knee SQUATS with an overhead bpress to work every muscle group Packed with dozens of fully illustrated, easy-to-follow exercises, as well as day-by-day workout programs for beginners, weekend warriors and elite athletes, *Weights on the BOSU® Balance Trainer* is the ultimate guide to quickly transforming your body.

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7 weeks to 50 pullups: *Beating the Impossible* Don Schwartz, 2022-08-10 Extreme athlete Don Schwartz has achieved, overcome, and somehow survived the impossible...repeatedly. A pioneer in the snowboarding world, Schwartz was horrifically burned in a tragic helicopter crash at the age of twenty which left him permanently disfigured. In the years following the accident, Schwartz goes on to become a world-level champion in various extreme sports and outdoor survival competitions. From winning and losing the legendary Death Race to standing on the podium of the World's Toughest Mudder, to winning Gold at the Barefoot Waterskiing World Championships, Schwartz distills his inspirational perspective to provide insight into any sort of obstacle that life might erect. Despite a dizzying series of triumphs and calamities, Schwartz remains motivated throughout, all the while suffering debilitating PTSD that he didn't even recognize he had. With an infectious positivity, this riveting and honest first-person account, gives readers intimate access to a life that has been a million miles from ordinary.

7 weeks to 50 pullups: *The Navy SEAL Weight Training Workout* Stewart Smith, USN (SEAL), 2013-11-26 Add weights to your NAVY SEAL Training prep! The Navy SEAL Weight Training Workout is an effective weight lifting program designed to maintain muscle growth and avoid over-training in high-repetition and high-mileage running and fitness routines like those used by Navy SEALs. Pushing your fitness to the extremes is a necessary part of a rigorous regimen like Navy SEAL training. But for maximum results, it's crucial to incorporate a periodization program that creates a break from all the elements of your regular routine. Fitness is a journey, not a destination, and Navy SEAL Weight Training is the perfect guide to keeping you on the road to becoming fit and strong, Navy SEAL-style! The Navy SEAL Weight Training Workout has been specially designed for those who have a solid foundation of training under their belts and are looking for new ideas to add or replace their existing routines. The workouts incorporate weight training

exercises, along with running, biking, or swimming and moderate repetitions of calisthenics for the ultimate recovery program built for boosting results. Based on actual Navy SEAL training routines, Special Ops Team Coach Stew Smith has developed The Navy SEAL Weight Training Workout to help keep you going strong, just like the Navy SEALs.

7 weeks to 50 pullups: *Power Speed Endurance* Brian Mackenzie, 2012-11-12 Power, Speed, ENDURANCE is a highly effective training system that has catapulted thousands of endurance athletes to the next level. Developed by CrossFit Endurance founder Brian MacKenzie and featuring instruction from some of the world's top endurance and CrossFit coaches, Power, Speed, ENDURANCE unveils techniques, drills, and training strategies that will optimize your performance and overall work capacity while decreasing your susceptibility to injury. Through thousands of step-by-step color photographs and detailed narrative, Power, Speed, ENDURANCE breaks down proper running, cycling, and swimming mechanics like never before. MacKenzie's unique system of building strength, speed, and power is aimed at reaping continual results, without injury. In fact, he devotes an entire chapter to the broken down athlete, equipping you with the knowledge to prevent, repair, and treat injuries brought on by poor mechanics and tight overworked muscles. In addition, MacKenzie outlines a straightforward approach to nutrition, hydration, and electrolyte balance that will increase your energy, boost your performance, and accelerate your recovery. Whether you're a self-trained athlete looking to compete in your first endurance event, a seasoned competitor looking to reach your highest potential, or a CrossFit athlete looking to increase stamina, Power, Speed, ENDURANCE will help you reach your goal. In this book, you will learn how to: develop proper running technique using the Pose Method properly fit yourself on a bike improve cycling mechanics on a road, time-trial, and mountain bike swim effortlessly and improve freestyle-stroke mechanics through skill-based drills and exercises accelerate work capacity and minimize fatigue by building muscle, speed, and power incorporate a CrossFit Endurance strength-and-conditioning program into your training routine maximize nutrition, hydration, and electrolyte balance to improve performance and body composition prevent, repair, and treat nagging injuries associated with endurance sports and improve range of motion using Starrett's Movement and Mobility Method

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7 weeks to 50 pullups: *Advanced Human Nutrition* Robert E.C. Wildman, Denis M. Medeiros, 2014-01-23 This text begins with an in-depth overview into the human organism at the molecular, cellular, tissue and organ levels, and develops into a discussion of the objectives and features of organ systems of the evolved human. The book also covers the relationship between the human body and the environment in which it exists including other organisms tha

7 weeks to 50 pullups: *The Para Fitness Guide* Sam McGrath, 2012-07-20 In The Para Fitness Guide, Major Sam McGrath of the legendary Parachute Regiment has collected together an inspirational series of exercises which are perfect for anyone. Every year getting fit and losing weight is at the top of the list of resolutions but few of us manage to stick to any kind of fitness regime. What you need is a military instructor watching over your exercise programme, helping you out and encouraging you along the way. Unfortunately, we can't supply you with your own personal fitness expert, but this book is the next best thing! Sam offers advice on how to choose a gym, eat well, prepare for exercise, warm up and how to warm down to reduce the impact of all of those aches and pains. The book also sets out six challenges for readers to aim for as they follow this programme, including a 10-mile race and the grueling Fan Dance around the Brecon Beacons.

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